



WIC News

Winter/Spring 2006

**WIC: Nourishing
Growing Families**



Snack Time Can Be Healthy

Do you have a picky eater at home when it comes to healthy snacks? Does your child think that a snack has to be fried or baked and come in a bag or from a box? This behavior is normal and can be the result of the commercials that they see while watching their favorite programs and the eating habits of those around them. Making healthy snacks like bananas, apples, oranges, and other healthy choices available in a new, fun, and creative way can change their opinions and thoughts about snacks. Smoothies are a favorite of many house-holds and can be made as a healthy treat. You can use almost any fruit or berry to make a smoothie. Start with milk or orange juice and blend in berries and other fruits until you get the right thickness. Try saving those old bananas, instead of making bread or throwing them out, add them to a smoothie or freeze them for later use.

Fruit kabobs are fun and easy to make, take various pieces of fruit and put them on a pretzel stick. Try a new fruit each week such as star fruit, kiwi, mango, black berries, or papayas.

Ask your WIC Nutritionist for other healthy eating tips and see our recipes on the back



Ask the Nutritionist

***It is so hard to keep my child physically active during these cold winter months!
Do you have any exercise tips?***

There are lots of fun things you can do! Turn on the radio or your favorite CD and dance with your child. Try marching in place, or jumping jacks. Stretching is a great way to keep in shape. Get on a carpeted area, or lay a towel down and stretch with your child. Ask your child to show you how different animals, like bears or rabbits, move around. There are many activities you and your child can do outside! Try sledding. Walking up hills after a slide down can be great exercise! Go for a walk or have a snowball fight. Ice-skating is another fun way to stay active. Keeping in shape with your children is a great idea because your child will love the time you spend with them, and at the same time get some fun physical activity!

Bangor WIC Office

103 Texas Ave
Bangor, ME 04401

992-4570

Fax: 941-3063

Web Site:

www.wicforme.com

Bangor WIC Updates

- We have a new phone system! Our phone number is now 992-4570.
- Please remember WIC is closed from 11:30-12:30 in outreach or 12-1 in Bangor for lunch.
- Always call the Bangor WIC office with questions not outreach locations.
- If you are transferring into our agency checks may be mailed to you after the appointment.
- We will be starting up fun group education sessions with yummy snacks, ask your WIC nutritionist for details!
- March is National Nutrition Month, we will be having weekly drawings for fun prizes, be sure to enter! Visit www.eatright.org for more information.

WIC News

Breastfeeding Success!



Referral Info. Center

Miles For Smiles

1.866.298.0893

Bangor Dental Clinic

992.4546

Mainecare

1.800.432.7825

Public Health Nursing

1.800.698.3624

Nutrition Education-

Cooperative Extension

1.800.287.1485

Car Seat Information

1.800.698.3624ext 9968

Tobacco Helpline

1.800.207.1230

When I gave birth to my twins, David and Alex, I knew I wanted to breastfeed. I assumed that breastfeeding would come easy to both my babies and me, boy was I wrong. At birth my boys didn't know how to latch on, after being up almost all day and night I eventually got them to latch and nurse for a while. I felt everything was going great and I was very excited to be able to breastfeed. The nurse came in on the second day of my hospital stay and told me that the babies had lost over 10% of their body weight. I was devastated. I agreed to let the babies have supplements until my milk came in, David refused to take the bottle but Alex took quite well to it. At this point Alex started to refuse the breast and only wanted the bottle. After a 3-day hospital stay I went home and tried every day to get Alex to take. I pumped breast milk and put it in a bottle so he would at least have a little. It had to be roughly 3 to 4 weeks of constantly trying to get Alex to take the breast when he finally began to nurse without using formula. Breastfeeding has saved me a lot of time, no need to wash or sterilize bottles or to mix formula. It has been a lot easier to breastfeed both of them than to use formula. I went through a lot in the beginning with my babies and if not for my urge to nurse I may have given up. Regardless of my problems I had, breastfeeding has given me more time for my children and it was great not having to deal with spitting up, smelly breath and occasional constipation. I am lucky to have a very supportive husband, family, and friends but regardless of the support I had I could have never done it if I had not wanted to.

Breastfeeding is definitely a challenge, but there is nothing more precious than seeing my baby fall asleep at the breast or to give me that smile while still attached. At almost 10 months old my twin boys are exclusively breastfed, we are starting the hurdles of teething and mobility. I feel like I have made a big accomplishment being able to struggle through all the problems I have had, it has not been easy, but it was definitely worth it. Breastfeeding has to be something a mother really wants to do and has to be determined to do. I know first hand how fast people can just say "why not give them a bottle". Not every woman can exclusively breastfeed but if your mind is set to do something, nothing will stand in the way. —Lisa—

Snack Recipes

Fruit Smoothie

1 quart strawberries
1 banana, broken in pieces
2 peaches
1 cup orange juice
2 cups ice

-In a blender combine fruit, and blend till pureed.
-Add juice, and ice and blend to desired texture.
-Pour into a glass and serve.

Edible Face

1 ounce Cheddar cheese
8 thin wheat crackers
2 cherry tomatoes, halved
1/4 cup carrot-shredded
1 orange, peeled and segmented

-Cut cheese into shapes (squares, circles, triangles).
-Place cheese and tomato on crackers. Use these items along with the carrot and orange to make the face complete with eyes, nose, ears, and hair!

Yogurt Parfait

2 cups vanilla yogurt
1 cup granola,
Grapenuts, or, Honey
Bunches of Oats
8 blackberries

-In large glass layer 1 cup yogurt, 1/2 cup granola and 4 blackberries.
-Repeat layers.

These recipes are found at
www.allrecipes.com